

# Do your loved ones say you are imagining your symptoms?



Acknowledge  
your symptoms.

Read this  
brochure to find  
out more about  
the symptoms you  
may be feeling.

# Do any of these symptoms sound familiar?

- ✓ Issues with memory, attention, or problem solving
- ✓ Depression or mood swings
- ✓ Vision problems
- ✓ Pain, weakness, fatigue
- ✓ Heat sensitivity
- ✓ Bladder problems
- ✓ Walking and balance problems

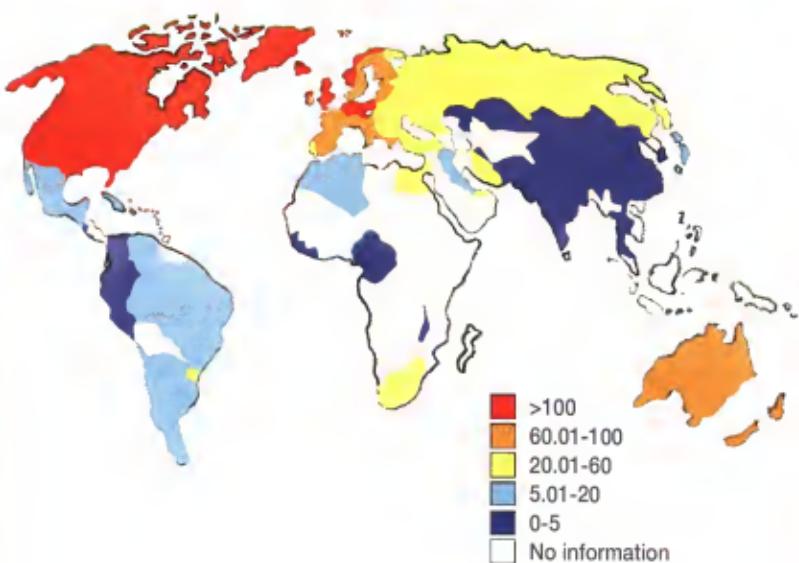
You may not know what MS is and that's ok. Learn more about MS and start getting the answers for you and your loved ones.

# Let's talk about multiple sclerosis.

## Who gets MS?

- 2.5 million people around the world have MS
  - About 400,000 people in the United States are thought to have MS
    - *MS is increasing in the Hispanic/Latino population*
    - *It's estimated that 20,000 to 30,000 are Hispanic/Latino*
  - Nearly 2 times as many women develop MS than men
  - Most people are diagnosed with MS between 20 and 50 years of age
  - MS is more common in Caucasians and in those of Northern European descent. However, people of any background can get MS

## Prevalence of MS per 100,000 people

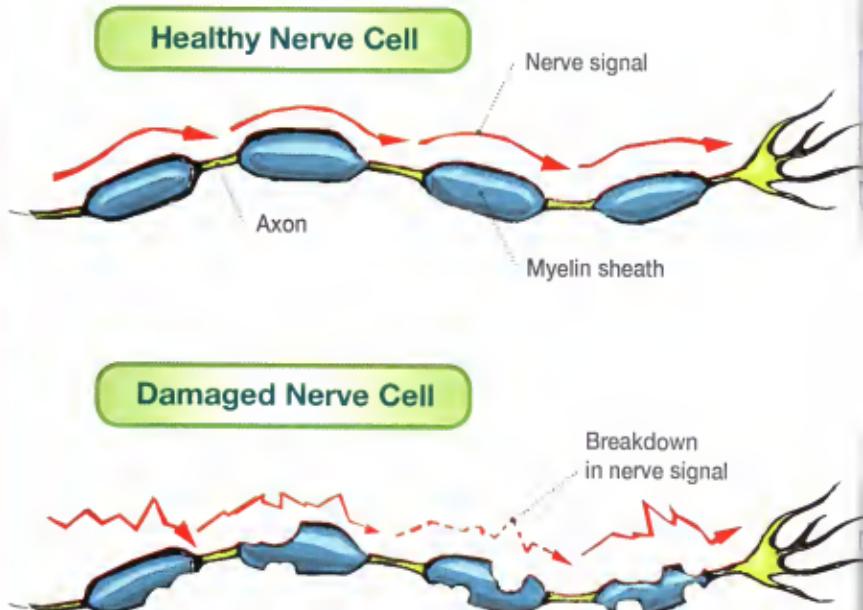


# What are the possible effects of MS?

There is no way to predict how quickly MS may progress. MS can damage the nerves in your body that may lead to disability.

People diagnosed with MS will experience different levels of disease activity, and disability may progress at different rates for people with MS. But, having MS does not mean you will become severely disabled.

Discuss symptoms with your doctor to understand if you have MS, so therapy can be started right away.



# Understanding MS

MS is a lifelong condition that affects the central nervous system (CNS). The CNS is made up of the brain and spinal cord, both of which contain nerve cells.

These nerve cells are linked by fibers called axons. Electrical signals send information between the nerve cells along the axons. Axons are protected by myelin, a substance that is wrapped around the nerve fibers that helps messages pass at high speeds.

In MS, immune cells begin a process that leads to the attack of and damage to the myelin. Damage to the axons may also occur, and can cause a communication breakdown.

**The damage caused by MS creates lesions, or scars, on your brain and/or spinal cord that may be seen with magnetic resonance imaging (MRI).**

These areas of scarring, or “sclerosis,” are where myelin has been lost.

So, MS actually means “many scars.” Talk to your doctor about when you should have an MRI.

# What causes MS?

MS is believed to be an autoimmune disorder. This means that something triggers the immune system to attack the body. The cause of this is unknown. Some doctors think an infection may trigger MS, but MS is not contagious. It may also be caused by genetics, the environment, or problems with the immune system.

The majority of people with MS are diagnosed with the most common form, called relapsing-remitting MS (RRMS). In this type of MS, people have periods of time, called relapses, when symptoms get worse. Treatments for relapsing MS can help reduce the number of your relapses.

## RELAPSES:

- ✓ Last more than 24 hours
- ✓ Sudden
- ✓ Can be mild or severe
- ✓ Usually go away
- ✓ Are temporary but may interfere with your daily activities

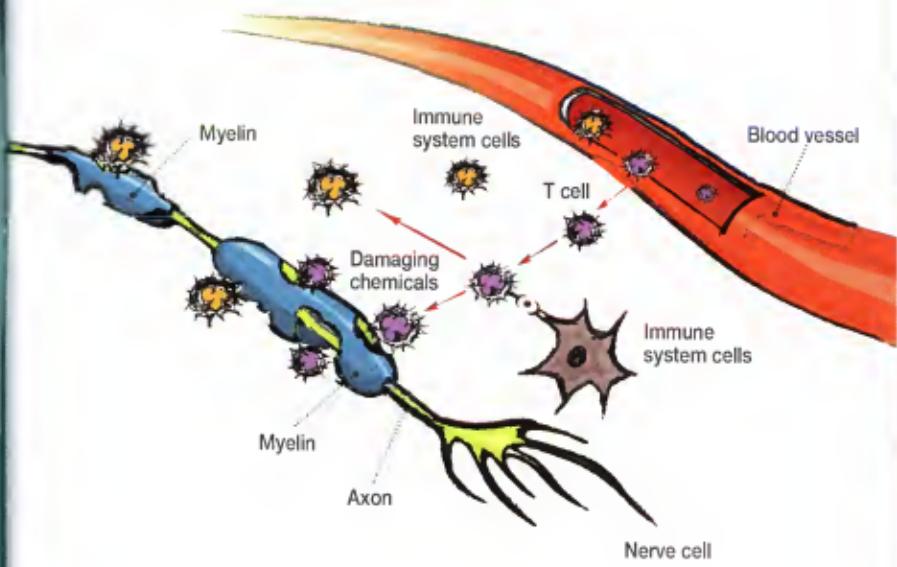
# MS affects people differently

MS is different for every person. You may never have all of the symptoms mentioned in this brochure. Keep in mind that not every symptom you have may be due to MS.

**Let your doctor, family, and friends know about MS symptoms you're experiencing or if your symptoms get worse.** That way you can work together to manage your MS and find out if your current therapy is working for you. Fortunately, there are therapies proven to reduce relapses as well as slow the progression of disability in relapsing MS.

**SPEAK WITH YOUR DOCTOR ABOUT CHOOSING THE MS TREATMENT THAT'S RIGHT FOR YOU.**

## MS-related activity





**Nicole B.,  
with daughter**  
MS LifeLines® Ambassador,  
living with relapsing MS

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are sponsored by EMD  
Serono, Inc. and Pfizer Inc.

# Getting to know common MS symptoms

Do you need a little help understanding your MS symptoms? In this brochure, you will find detailed information explaining the most common symptoms of MS.

Please ask yourself the following questions, so you better understand the symptoms you are experiencing.

- When did the symptom(s) start?
- How long did they last?
- Did something happen to develop the new symptom? (eg, a new activity or an infection, fever)
- What have you done to manage the symptom? Was it helpful?
- Does it impact your activities of daily living, such as being able to dress and feed yourself, go to work, take care of your family, or socialize?

**HOW LONG  
DO YOUR  
SYMPTOMS  
LAST?**

# When to talk to someone about your symptoms

If you or your loved ones are having symptoms that require immediate attention, call your doctor right away.

## SOME REASONS TO CALL INCLUDE:

- ✓ You experience a new MS symptom that lasts at least 24 hours
- ✓ You experience loss of vision or blurry vision
- ✓ You have an abrupt change in bowel or bladder function
- ✓ You have an abrupt loss of strength
- ✓ You develop painful symptoms
- ✓ You think you have a urinary tract infection
- ✓ You have feelings of depression or thoughts of hurting yourself



**Irma T.**  
RN, MS CN,  
enfermera de MS LifeLines®

***Irma es una enfermera que habla español***

La mayoría de los enfermeros/as de MS LifeLines® están certificados en EM. Tenemos disponibles enfermeros/as que hablan español.



## Síntomas

Repasemos algunos de los síntomas clave que usted o un ser querido podrían estar teniendo.

# Questions your doctor might ask you or your loved ones

## Issues with memory, attention, or problem solving



- Are you forgetting names, phone numbers, or recent conversations?
- Are you losing or misplacing things?
- Do you have difficulty remembering what you just learned?

Many people with MS experience challenges with memory, attention, or problem solving. Memory loss is the most common mental change in people living with MS. It can occur at any time.

## Depression or mood swings



- Are you experiencing sadness or loss of interest in everyday activities?
- Do you have a loss or increase in appetite?
- Do you feel tired?

Symptoms of depression appear to be more common in people living with MS, and may be associated with some treatments. If you experience symptoms of depression or have thoughts of death or suicide, talk to your doctor, family, and friends.

## Vision problems



- Have you experienced any changes in vision?
- Do you have any difficulty seeing or do you have double vision?
- Do you have any uncontrolled eye movements?

Vision problems are common in people with MS, but may be temporary.

## Muscle stiffness or spasms



- Do your muscles feel stiff? Where?
- Do you experience muscle cramps? Where?

Stiffness may feel like muscle tightness and may produce painful, uncontrollable spasms. The spasms occur most often in the leg or arm muscles that help you stand up straight and keep your posture. These spasms can affect your walking.

## Weakness



- Are there specific parts of your body that feel weak?
- Do you ever feel too weak to do things?
- Do you feel like you need to put more effort than normal into everyday tasks?

In MS, weakness can be a result of a problem with a nerve signal or from lack of activity. Sometimes you may be less active because of fatigue, stiffness, or a relapse. The longer you are inactive, the weaker your muscles can become.

## Fatigue



- Are you sleeping well?
- Are you feeling exhausted, even after enough sleep?
- Is this affecting your ability to participate in your daily routine?

Fatigue is one of the most common symptoms, of MS. Fatigue can feel like sleepiness or lack of physical or mental energy not caused by activity and not relieved by rest.

## Pain



- Are you experiencing any stabbing pain or burning in the face or back?
- Does the pain interfere with your ability to function or perform your daily routine?

More than half of people with MS say that pain is a problem.

## Abnormal feelings



- Do you have any numbness, burning, itching, or tingling in your body (for example, "pins and needles")?
- Is this new or how long have you had it?

Many people with MS experience uncomfortable sensations. While frustrating, most of these symptoms don't affect physical function and can be managed or treated.

## Walking and balance problems



- Do you trip, fall, or feel off balance or dizzy?
- Do you have problems walking (for example, swaying, foot drop, numbness in the feet)?

Problems with walking are fairly common in MS.

## Bowel or bladder problems



- Have you had a change in bowel habits?
- Are you urinating more often than usual or feel an urgency to urinate right away? At night?
- Are you unable to hold urine in the bladder?

The most common bowel problem in people with MS is constipation.

## Heat sensitivity



- Do your symptoms get worse when you are feeling hot?

The symptoms of MS often worsen with increased body temperature. This can be caused by factors such as intense exercise, fever, sun exposure, or sitting in a hot tub.

MS CAN AFFECT PEOPLE DIFFERENTLY.  
IT'S IMPORTANT TO BE AWARE OF YOUR  
SYMPTOMS, AND TO LET YOUR DOCTOR  
AND YOUR LOVED ONES KNOW WHAT  
YOU'RE FEELING.

# 1 -on- 1 support

MS LifeLines® Ambassadors  
are sponsored by  
EMD Serono, Inc. and Pfizer Inc.



MS LIFELINES®

**Vinicio F.**

Spanish-speaking MS LifeLines  
Patient Support Specialist

Call today to talk to Vinicio or one  
of our other Patient Support Specialists.



**twenty-  
four  
seven**

SUPPORT

## ONE NUMBER CONNECTS YOU AND YOUR FAMILY AND FRIENDS TO AROUND-THE-CLOCK SUPPORT.

Life is unpredictable when you have relapsing MS. That's why MS LifeLines® was created.

We're a support service that's here to help you start and stay on relapsing MS therapy and to be a support system for you and your loved ones.

**With over 11 years of experience**, we are proud to support the English- and Spanish-speaking communities by providing resources and support when and where you and your loved ones need them.

How can we help?

Give us a call at **1-877-447-3243**.

You can also find help online 24/7 at [mslifelines.com](http://mslifelines.com).

**MS LIFEINES® OFFERS SPANISH-SPEAKING  
REPRESENTATIVES AND INTERPRETERS**

# four

TEAMS TO RELY ON

**Erin M.**

MS Lifelines® Financial  
Support Specialist



## **Indication**

Rebif® (interferon beta-1a) is used to treat relapsing forms of MS to decrease the frequency of relapses and delay the occurrence of some of the physical disability that is common in people with MS. Rebif is not approved for treatment of chronic progressive MS.

## **Important safety information**

Rebif® (interferon beta-1a) will not cure multiple sclerosis (MS) but it has been shown to decrease the number of flare-ups and slow the occurrence of some of the physical disability that is common in people with MS. Rebif can cause serious side effects, so before you start taking Rebif, you should talk with your doctor about the possible benefits of Rebif and its possible side effects to decide if Rebif is right for you.

**Our Nurse Team** can answer questions if you're considering Rebif® (interferon beta-1a). To talk one-on-one with a nurse, just call us:  
8 AM–10 PM ET, MON–FRI  
9 AM–5 PM ET, SAT–SUN

**Customer Support Specialists** are here to answer your calls seven days a week.

**Financial Support Specialists** can help you get started on Rebif by finding the right financial assistance program for you, even if you don't have insurance. You may even be eligible for a \$0 co-pay. Reach us:  
8 AM–8 PM ET, MON–FRI  
9 AM–5 PM ET, SAT

**MS LifeLines® Ambassadors** are people who currently take Rebif, and their loved ones, who are here to talk and give guidance in general about MS or Rebif. You'll be matched with an Ambassador through our Peer Connection Program.

**Call 1-866-783-5189 to request a Spanish- or English-speaking Ambassador.**

Let us know how we can help. Call MS LifeLines® at **1-877-447-3243** anytime. Find out more about our teams at [mslifelines.com](http://mslifelines.com).

**SPANISH-SPEAKING REPRESENTATIVES  
AND INTERPRETERS ARE AVAILABLE.**

Please see Rebif® (interferon beta-1a) Prescribing Information and Medication Guide included in the pocket and important safety information on pages 24-27.

# three

WAYS TO CONNECT  
WITH US

MS LifeLines® Ambassadors  
and their loved ones, living with  
relapsing MS



WE'RE HERE FOR YOU AND YOUR LOVED ONES WHEREVER YOU ARE – ON THE PHONE, ONLINE, AND IN PERSON.

### **Connect with a peer**

Being able to talk to someone who lives with MS can make a big difference. The Peer Connection Program can do that, by pairing you with an MS LifeLines Ambassador for a one-on-one phone call. Get matched with someone who understands MS by calling **1-866-783-5189** to request a Spanish- or English-speaking Ambassador.

### **Come to a live event**

Live events are available to allow you and your loved ones to hear firsthand from doctors and nurses, as well as talk face-to-face with others living with relapsing MS.

**To find events in Spanish or English near you, visit [mslifelines.com](http://mslifelines.com).**

**SPANISH-SPEAKING REPRESENTATIVES  
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MS LifeLines® Ambassadors are sponsored by EMD Serono, Inc. and Pfizer Inc.

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## **Important safety information**

### **What is the most important information I should know about Rebif?**

Rebif will not cure multiple sclerosis (MS) but it has been shown to decrease the number of flare-ups and slow the occurrence of some of the physical disability that is common in people with MS. Rebif can cause serious side effects, so before you start taking Rebif, you should talk with your doctor about the possible benefits of Rebif and its possible side effects to decide if Rebif is right for you. Potential serious side effects include:

- **Depression.** Some patients treated with interferons, including Rebif, have become seriously depressed (feeling sad). Some patients have thought about killing themselves and a few have committed suicide. Depression (a sinking of spirits or sadness) is not uncommon in people with multiple sclerosis. However, if you are feeling noticeably sadder or helpless, or feel like hurting yourself or others, you should tell a family member or friend right away and call your doctor as soon as possible. Your doctor may ask that you stop using Rebif. You should also tell your doctor if you have ever had any mental illness, including depression, and if you take any medications for depression

- **Liver problems.** Your liver may be affected by taking Rebif® (interferon beta-1a) and a few patients have developed severe liver injury. Your health care provider may ask you to have regular blood tests to make sure that your liver is working properly. If your skin or the whites of your eyes become yellow or if you are bruising easily you should call your doctor right away
- **Risk to pregnancy.** If you become pregnant while taking Rebif you should call your doctor right away. Rebif may cause you to lose your baby (miscarry) or may cause harm to your unborn child. You and your doctor will need to decide whether the potential benefit of taking Rebif is greater than the risks are to your unborn child
- **Allergic reactions.** Some patients taking Rebif have had severe allergic reactions leading to difficulty breathing and loss of consciousness. Allergic reactions can happen after your first dose or may not happen until after you have taken Rebif many times. Less severe allergic reactions, such as itching, flushing or skin bumps, can also happen at any time. If you think you are having an allergic reaction, stop using Rebif immediately and call your doctor
- **Injection-site problems.** Rebif may cause redness, pain or swelling at the place where an injection was given. Some patients have developed skin infections or areas of severe skin damage (necrosis) requiring treatment by a doctor. If one of your injection sites becomes swollen and painful or the area looks infected and it doesn't heal within a few days, you should call your doctor. For more information, please see Medication Guide

continued...

## **Important safety information**

### **Who should not take Rebif® (interferon beta-1a)?**

#### **Do not take Rebif if you:**

- Have had an allergic reaction, such as difficulty breathing, flushing, or hives, to another interferon beta or to human albumin

#### **If you have any of the following conditions or serious medical problems, you should tell your doctor before taking Rebif:**

- Depression (a sinking feeling or sadness), anxiety (feeling uneasy or fearful for no reason), or trouble sleeping
- Liver diseases
- Problems with your thyroid gland
- Blood problems, such as bleeding or bruising easily, and anemia (low red blood cells) or low white blood cells
- Epilepsy
- Are planning to become pregnant

Tell your doctor about all medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Rebif and other medicines may affect each other, causing serious side effects. Talk to your doctor before you take any new medicines.

#### **What are the possible side effects of Rebif?**

- **Flu-like symptoms** (fever, chills, sweating, muscle aches and tiredness)
- **Skin reactions.** Soreness, redness, pain, bruising, or swelling may occur at the place of injection

- **Depression and anxiety.** Some patients taking interferons have become very depressed and/or anxious
- **Liver problems**
- **Abdominal pain**
- **Blood problems.** You may have a drop in the levels of infection-fighting blood cells, red blood cells or cells that help to form blood clots. If the drop in levels is severe, it can lessen your ability to fight infections, make you feel tired or sluggish or cause you to bruise or bleed easily
- **Thyroid problems.** Your thyroid function may change. Symptoms of changes in the function of your thyroid include feeling cold or hot all the time, change in your weight (gain or loss) without a change in your diet or amount of exercise you are getting
- **Severe allergic reactions.** Allergic reactions are rare and may be associated with difficulty in breathing and loss of consciousness, which require immediate medical attention

Let your doctor know if you have any of these symptoms or feel sad, tired, hot or cold, or experience hives, rashes, bruising, yellowing of the skin, or a change in body weight (gain or loss).

**Refer to the Instructions for Use that comes with the Rebif® Rebidoze® (interferon beta-1a) autoinjector.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.**



**Rosanna H.**

Spanish-speaking MS LifeLines®  
Ambassador, living with relapsing MS

MS LifeLines® Ambassadors are sponsored  
by EMD Serono, Inc. and Pfizer Inc.

[mslifelines.com](http://mslifelines.com)

**“Knowing there is nurse support just a phone call away really helps.”**

*-Rosanna H.*

If you need help or have questions, call us at **1-877-447-3243**.

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AND INTERPRETERS ARE AVAILABLE.**

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# *Rebif®* **(interferon beta-1a)**

## **DESCRIPTION**

Rebif® (interferon beta-1a) is a purified protein with a molecular weight of approximately 22 kDa. It is produced by recombinant DNA technology using genes from Hamster Ovary cells into which the human gene for interferon beta-1a has been introduced. The amino acid sequence of natural fibroblast derived human interferon beta-1a and Rebif® are identical.

Learn more at  
**[mslifelines.com](http://mslifelines.com)**  
**1-877-447-3243**

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AND INTERPRETERS ARE AVAILABLE.**

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EMD Serono



**10%**  
TOTAL RECOVERED FIBER